

Dear Parent or Guardian:

Your child was measured for height and weight as part of the yearly school health growth screening program. A Body Mass Index (BMI) for Age percentile* was also calculated which is used as a guideline to help assess whether a person may be overweight or underweight. The Federal Government's Center for Disease Control (CDC) requested that the BMI and Percentile for Age be calculated yearly. This request is a result of the increased prevalence of overweight and underweight conditions in our population, especially our children. These conditions are associated with the development of chronic illnesses during adulthood. Many factors, including sports participation or family history, can influence height and weight in children and adolescents.

BMI should be considered a screening tool and not a definitive measure of overweight and obesity as the indicator does have limitations. For example, some athletes and serious dancers may have higher than expected BMI due to their increased muscle mass which weighs more than fat mass.



Students have received their BMI screening for the 2015-2016 school. Parents can contact the school nurse to obtain BMI information about their child, if they are interested.

Your child's health care provider is the best person to evaluate whether or not his/her measurements are within a healthy range. Keeping in mind that this is only a health screening, please share the results with your child's health care provider who may suggest changes in eating or physical activity or may have some other suggestions.

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